

# COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

## Word of the Month: Generosity- Toward Self

### Resource Highlight:



Purchasing a book through our link supports expansion of our school counseling program. Thank you!

Gabi Garcia's book [Listening with my Heart: A story of kindness and self-compassion](#) helps children learn to speak kindly to themselves.

Stephen Covey's [The 7 Habits of Highly Effective People](#) addresses Sharpening The Saw as the 7th habit, along with his son Sean's book for teens: [The 7 Habits of Highly Effective Teens](#).

Consider a guided journal activity as self-care, such as [Aimee Chase's Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are](#).

Last month we looked at Generosity, that which focused on others. This month we turn this trait around and reflect on generosity towards the self.

Consider what the Bible says in Corinthians 3:16. "Do you not know that you are God's temple and that God's Spirit dwells in you?" And Matthew 22:39 commands us to "Love your neighbor as yourself." Often we are so focused on giving toward others that we neglect to care for ourselves as we should. Clearly, God places great value on each of us, and wants us to do so as well.

Particularly as parents, we can get caught up in focusing on others, often our children. We have all likely reflected on the airplane announcement that alerts passengers to put on their own oxygen mask before assisting others. This highlights the importance of addressing personal needs to best help others.

Dr. Stephen Covey's international bestseller, [The 7 Habits of Highly Effective People](#), concludes with the 7th habit: Sharpen the Saw. It is based on the principle that "we should never





## Car Conversations

Whether in the car, store line, or at the dinner table, here are some ideas to build generosity in your child.

- ◆ Hold a family meeting and have each member share a plan to focus on self-care in each category: Physical, Social/Emotional, Mental & Spiritual. See if any ideas overlap, and see how many are specific to one family member.
- ◆ Talk to your kids about how their toys or devices need charged batteries to work. Discuss what happens when batteries are depleted & when full. How does this relate to their own lives? What are signs that each person has a "low battery". How can other family members help?
- ◆ Implement Self-Care Saturday as a family. Carve out time for each family member to do something to refuel.

become too busy sawing to take time to sharpen the saw." Taking time to renew and improve ourselves allows us to be more effective in our daily lives than pushing through without rest, just as taking the time to sharpen a saw leads to a more effective process than sawing along with a dull blade. Or writing with a broken pencil tip. What if we didn't wait until it was broken, but regularly kept it sharp?

Dr. Covey recommends finding a balance to Sharpen the Saw in each of these 4 areas:

- ◆ Physical
- ◆ Social/Emotional
- ◆ Mental
- ◆ Spiritual

As the new year brings reflection and often resolutions, how can you make plans to include self-care in each of these areas?

While what is renewing to each person is deeply personal, consider the below ideas as they can be adapted for you:

**Physical:** Sports, dance, martial arts, walks, exercise, rest, yoga, sleep, deep breathing, build nutritious eating habits, massage

**Social/Emotional:** Join a class, make plans with friends, volunteer, attend meetings of interest, journal, seek out uplifting content, strengthen relationships

**Mental:** Learn something new, read, watch a documentary, build a new language vocabulary, write, teach others, hone a skill

**Spiritual:** Nature walks, meditate, prayer, make art, attend a religious/worship service, serve others, focus on values, music

Consider a plan to implement your own sharpening regularly rather than waiting until you are worn down. How can you find balance between these 4 areas to keep you sharpest in all the roles you fill? How can you help your child do the same?



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